

LARGEST WARSHIP TO SOUTH CHINA SEA

Japan plans to dispatch its largest warship on a three-month tour through the South China Sea beginning in May, three sources said, in its biggest show of naval force in the region since World War II. China claims almost all the disputed waters and its growing military presence has fueled concern in Japan and the West, with the United States holding regular air and naval patrols to ensure



freedom of navigation. The Izumo helicopter carrier, commissioned

only two years ago, will make stops in Singapore, Indonesia, the Philippines and Sri Lanka before joining the Malabar joint naval exercise with Indian and U.S. naval vessels in the Indian Ocean in July. REUTERS

VIDEO POSES QUESTIONS IN FERGUSON SHOOTING

A previously undisclosed video of Michael Brown, recorded hours before the unarmed black 18-year-old was fatally shot by a police officer in Ferguson, Missouri, has raised new questions about a suspected robbery that police said he committed in his final hours. The footage shows Brown at a convenience store the night before he was killed. It was unearthed by a documentary filmmaker. Shortly

after Brown's death, local police had released security-camera video of Brown visiting the same store in the daytime, a few minutes before he was shot. That footage, which now appears to depict the second of two visits to the Ferguson Market and Liquor store by Brown within a span of a few hours, showed Brown pushing a worker before walking out with cigarillos in an apparent robbery. BRUTERS

SOME STATES SUE TO BLOCK TRAVEL BAN

A group of states renewed their effort to block President Trump's revised temporary ban on refugees and travelers from several Muslimmajority countries, arguing that his executive order is the same as the first one that was halted by federal courts. Court papers filed by the state of Washington and joined by California, Maryland, Massachusetts, New York and Oregon asked a judge to stop the



March 6 order from taking effect on Thursday. An amended complaint said the order was

similar to the original Jan. 27 directive because it "will cause severe and immediate harms to the States, including our residents, our colleges and universities, our health care providers, and our businesses." REUTERS



TRUMP PLANS TO HOST CHINA'S XI IN APRIL

President Donald Trump is planning to host Chinese President Xi Jinping at a two-day summit next month, according to media reports, as his administration seeks to smooth relations with the world's secondlargest economy. The meeting is tentatively scheduled for April 6-7 at Trump's Mar-a-Lago resort in Florida, U.S. online media outlet Axios reported on Monday, citing officials familiar with the plans.

CNN also reported the planned summit, citing an unnamed administration official. It added that the plan was tentative and that Secretary of State Rex Tillerson was expected to finalize plans during a trip this week to Asia, which includes a stop in China. Press Secretary Sean Spicer said on Monday the White House was preparing for a meeting between the two leaders but was not ready to announce a date. REUTERS

WELCOME TO METRO.US!

ERIN TIERNAM, WEB REPORTER
Things got a little too spicy for
White House Press Secretary
Sean Spicer when a selfdescribed feminist called
him a "liar" and ambushed
him with questions at
a D.C. Apple store this
weekend. Watch
the video at
metro.us/politics.

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Every Monday, we pick a random winner from the participants who answered correctly one of the quizzes from the previous week.

Congrats to last week's winner,

Stephan Clanton

metro.us/quiz



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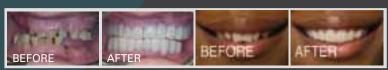
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Reasons for missing work during the snowstorm

Metro has put together a list of five legitimate reasons for taking the day off and five less-thanlegitimate reasons.



As a blanket of latewinter snow covers the Northeast, employers are expecting to hear from some workers who say they will not be showing up today.

The reasons for their absence vary depending on the snow accumulation in a particular region and the ability of municipalities to clear roads and sidewalks and keep mass transit running.

Managers tend to rely on an employee's good judgment in making a decision to stay home because of the weather, say human resources consultants.

However, if you cannot decide whether to take a snow day, Metro has compiled a list of five legitimate and five not-so-legitimate reasons for telling your boss that the company must forge ahead without your presence today.

Legitimate reasons:



At what point do you forget about trying to get to work? GETTY IMAGES

1Dangerous road conditions

The governor or mayor advises citizens to stay off the roads. You intend to heed the warning

2Trains aren't running

Riding the rails can turn into an all-day adventure. Snowdrifts and the possibility of downed trees and power lines falling on the tracks can bring trains to a halt for extended periods. Transit officials have advised that there could be delays on below-ground lines as well.

3Schools are closed

Child care can be a serious issue when schools close, and public schools are closed today in New York City, Philadelphia and Boston. You have a 4-year-old boy and a 6-year-old girl.

4 Power outage

You may need to find an alternative shelter for the night if the electric power fails. Kerosene heaters are an option, but must not be unattended.

5Coastal flooding

You and your family need to safeguard the basement against a possible storm surge.

in driveway

It isn't your turn to drive. The designated driver threw out his back attempting to shovel a path to the street.

3Chionophobia

You suffer from a fear of snow, called chionophobia. This phobia is related to a fear of bodily harm or death. You are particularly terrified of becoming stranded in snow. You might add that you also suffer from nivisphobia, the irrational fear of avalanches.

4 Weather Channel addiction

You confess that you're obsessed with interactive weather maps. You need to track the storm. And you cannot turn your back on such lists as "10 Winter Driving Mistakes You Don't Know You're Making."

5Working from home

In the digital age, more and more people are capable of working from home. You tell your boss that you have excellent internet access at home. She reminds you that you work as a sous chef.

seement against a sssible storm surge. 2 driver stuck

HOW DO METEOROLOGISTS ESTIMATE THE AMOUNT OF SNOWFALL?

You've no doubt heard the harrowing predictions that have been disseminated in recent hours and days: "12 to 18 inches," "a foot-and-a-half plus," "2 feet plus."

These snowfall totals are, indeed, epic, if not historic! But if one ingredient deviates enough from the forecast, those totals may require some serious 11th-hour adjustment.

So how do we come up with these golden numbers, the ones we see on TV in bold lettering



on all those fantasticallycolored rainbow bands?

I'd say, start with the "big picture," then use the microscope.

Big picture is space and time: storm track and speed. Once we resolve the snow zone when-and-where, we get to the fine stuff! We think about the very birth of the snow-flakes, hatched through a process theorized by the Swedish meteorologist Tor Bergeron (1891-1977). Flakes pop like crazy between about -2 degrees to 10 degrees Fahrenheit if the humidity is just right to allow a mixture of ice crystals and "supercooled," subfreezing, liquid droplets.

Not enough: through this layer must pass a strong updraft of moist, rapidly freezing air to keep the cold layer juiced. And how do we find such dynamic lift? Frontogenesis! The strengthening boundary, the spiraling war zone between dueling warm and cold air masses 'way up in the cold! We must also use ground-level temperature, to determine the "fluff factor": fluffier dry flakes versus denser, wetter ones.

With these ducks in a row, and a look at the amount of moisture available to precipitate, we consult the computer models, analyze till we're



dizzy and produce those exciting — or demoralizing — numbers!

Michael Friedmann, a New York-area meteorolo-

Less-than-

Lack of

sidewalks.

Carpool

eguipment

If your snowshoes and

cross-country skis are

still in a storage unit

across town, you cannot

be expected to brave the

hazards of snow-covered

legitimate reasons:

gist, can currently be seen on metropolitan area cable news on weekends. Follow him on Twitter at twitter.com/ WeatherTalk.

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Stella's 'ingredients' linked to global warming, says climate change expert

Snow in March is not an anomaly, but this nor'easter reflects the risks of greenhouse gas emissions.



In like a lion, out like a potential case study for global warming.

Plows and loaders are now excavating the first half of snowfall of Winter Storm Stella, a storm that could rival March's biggest storms on record, such as the 1888 "Blizzard of the Century" which buried New York City in 16 inches and paralyzed much of the country.

As much as 24 inches could fall in places across the Northeast, making Stella a curiosity for climate scientists to test theories about changing arctic sea ice levels colliding with warm air, an expert told Metro.

The Stella system, billed as a classic nor'easter because of its atmospheric ingredients and path, is the result of the merging of two low pressure (warmer) systems sweeping in from the Pacific Northwest jet stream and from the Gulf Coast, joining with the cold air coming down from the arctic.

The resulting system will be traveling up the East Coast on Tuesday, dumping 8 to 20 inches of snow, or more, with winds topping 40 and 50 mph, earning the storm blizzard status.

The potentially historical snowfall follows February's record-high temperatures (Boston hit 72 and Philadelphia hit 74 degrees on Feb. 24). Frigid temperatures across the Northeast forced shorts back into hibernation.

"Extreme weather is the new normal," New York Gov. Andrew Cuomo said Monday while making emergency announcements ahead of the storm.

While March snow is not unheard of, aspects of this storm are suggestive of erratic weather patterns that have arisen in recent years, said NASA climate scientist and Columbia University researcher Justin Mankin.

"One of our expectations of global warming is an average decrease in snow, but also an increase in snowfall extremes," he said.

"There is a robust expectation of increased extreme weather events. Increasingly the climate science community has been able to attribute the risk of occurrence of those weather extremes to global warming."

Directly correlating this storm with global warming requires rigorous research, which has not been done, Mankin said. We can get crazy weather just by virtue of the earth's complexity in absence of greenhouse gas factors.

But what scientists can do with confidence now is associate risk of occurrences for weather extremes with global warming, much like medical research can associate lifestyle with heart risk factors.

There are some "ingredients that suggest superficially that the warming that has occurred from people and fossil fuels could potentially have played a role," he said.

Those ingredients include a theory associating 2017's record low arctic sea ice - meaning more melt than ever seen before - for the arctic air traveling farther south than usual because of ice dispersion.

Foreclosure prevention programs face budget crunch

Housing advocates call on Gov. Cuomo to allot \$30 million in the new state budget to rescue the service.



Leon Keith nearly lost his three-family home in the Bronx in 2012, after becoming ensnared in a high-profile Ponzi scheme.

He credits the foreclosure prevention services operated by the Legal Aid Society helping him in court and in obtaining a loan modification that enabled him to pay his mortgage.

"They [Legal Aid] stuck to a plan and never gave up," said Keith, a 72-yearold retired postal worker. "They said they wouldn't abandon me if I wanted to keep fighting ... and, eventually, we all came to an amiable agreement."

The network of foreclosure prevention programs that helped Keith faces a financial crisis of its own. Funding for the services will end on Sept. 30.

Advocates for the programs are seeking \$30 million in Gov. Andrew Cuomo's new state budget, due by April 1.

Without the budget allocation, crucial services for homeowners and communities will be lost, advocates say.

"We must not allow that to happen," said Christie Peale, executive director of the Center for New York City Neighborhoods, a nonprofit that advocates for affordable

housing.

The subprime and financial crisis of 2008 may be in the rearview mirror, but foreclosure rates in the state and across the country remain high.

Foreclosure preven-

tion services help to keep seniors from foreclosure reverse mortgages and help stem the tide of so-called zombie, or abandoned property foreclosures.

The network, with offices throughout New York City, is there to help New Yorkers, but without state funding, it will be forced to turn away homeowners in need, Peale said.

There's no guarantee that the state will come to the rescue.

The budget process is ongoing and we're working with our partners in government," said Morris Peters, a spokesman for the state Division of the Budget.

The Center for New York City Neighborhoods reports that since the 2008 housing crisis, the network of foreclosure prevention services has grown and now numbers 63 home counseling organizations and 31 legal service providers.

Last month, state Sen. Jeffrey Klein and other officials joined with the foreclosure prevention network organizations to release a report detailing the lingering issue of foreclosures in the state.

The report noted that more than 100,000 homeowners and families throughout the state are currently in preforeclosure status and are at "severe risk" of foreclosure. These cases are in addition to 72,000 pending foreclosure cases already in the state courts as well as 34,000 new foreclosure filings just last year.

"At a time of sky-high foreclosure filings, record homelessness and zombie properties running rampant, continued funding for legal foreclosure prevention services and consumer protections is vital," said Klein, who represents parts of the Bronx and Westchester, in a news release.



More than 100,000 homeowners throughout the state are currently in preforeclosure status. GETTY IMAGES



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Baby Boomers May Avoid Knee Surgery With Modern Arthritis Treatments

Doctors say these two factors are the keys to knee arthritis treatment success and relieving pain without surgery

By Matt Edgar

America's Health Writer

New York City - Everyone has said it at one time or another. If I had only known about "this" sooner - things would be very different today.

That's what many knee arthritis pain sufferers are saying about this technology and treatment.

"We all know that countless lives are being saved every year because of early detection and better treatment" noted the clinic director at the NY Pain MD in New York City. "The same holds true for treating arthritis pain. I believe we are having so much success at NY Pain MD because of two factors: One is we are using advanced medical technology and treatments a lot of clinics do not use. And second, the word has spread to our community and so many knee arthritis sufferers are coming in sooner. And the earlier we can treat knee arthritis the better the results. The key to trying to avoid knee replacement surgery is doing the correct treatment as soon as possibly

What is the "correct treatment?"

"That depends," said the director. "There is no one answer when it comes to medical conditions. Knee arthritis is no different. That's why, if you have knee pain, you should have it evaluated by a doctor who deals with and treats knee pain every day," added the director.

For many knee arthritis pain sufferers the right treatment is Viscosupplementation whereby a preparation of Hyaluronic acid a gel-like FDA approved medicine is applied directly into the knee joint using *Precision Arthritis Targeting Technology*.

Hyaluronic acid is the natural lubricant and shock absorber of your joints and is found to be decreased in arthritis sufferers. This is similar to running your without oil. Obviously, the sooner you put oil back in the car - the less damage will be done. That's why some doctors feel early viscosupplecosupplementation gets the best results and is so important for avoiding surgery.

The director believes one of the most important factors for the success of viscosupplementation is making sure you are getting it into the joint space precisely. That's why the doctors at *NY Pain MD* use advanced imaging technology to apply *Precision Arthritis Targeting* during every treatment.

A device called the "C-Arm" allows the doctor to see into the joint and actually watch the medicine be applied exactly where it is supposed to. Research shows that performing procedures without Precision Arthritis Targeting (P.A.T.T.)can result in missing the joint space as much as 30% of the time. If you had viscosupplementation treatments without Presision Arthritis Targeting Technology and did not get good results - this may be why.



"If you have knee arthritis pain, viscosupplementation might be the answer you are looking for. The keys are not wait, get a good evaluation from an expert and make sure precision arthritis targeting is used to make sure you have the best chance for success."

Can This Be Avoided? Total knee replacement is serious surgery requiring months of rehabilitation. Some doctors think modern treatments done early enough can keep baby boomers from going under the knife.



Normal Pain-Free Knee Joint Everyone Wants Proof:

In the artist simulated drawings, picture #1 is a normal, pain-free knee. There is no arthritis and the knee can move and bend freely without

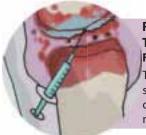
pain.



Knee With Painful Arthritis

Pain -

Illustration shown is a knee joint with painful xosteo-arthritis. Arthritis causes the joint space to decrease, grinding, stiffness, decreased motion, bone spurs, swelling and a lot of pain.



Research Shows Doctors Miss The Joint Space Up To 30% Of The Time Without Advanced Imaging Failed Treatment -

The injection (Lubrication medicine) misses the joint space. Research shows this occurs up to 30% of the time without the use of the digital imaging to guide the injection. This is why lubrication medicine may not have worked for you



Lubrication Medicine Injected Directly Into Knee Join Like "Joint Oil" using Precision Targeting Technology Successful Treatment -

Sucessful Treatment - Lubrication Medicine (blue) being precisely injected directly into the knee joint using digital imaging. Advance imaging allows treatments to be as precise as possible. Lubrication medicine can lubricate the joint and decrease pain.

Knee Pain Screenings Offered To Help Determine If New York Metro Area Residents Qualify For Popular Treatment

Knee pain sufferers have limited time to claim knee pain screening to see if all-natural knee arthritis treatment might work for them

If you qualify for this treatment, it might be one of the happiest days of your life.

That's because, for the past year and a half, hundreds of knee pain sufferers have flocked to *NY Pain MD* New York City.

That's when their specially trained-doctors added Hyalgan treatments to their already successful comprehensive knee pain relief program.

Viscosupplementation is unique because - eventhough it is manufactured by a pharmaceutical company, it is NOT considered a drug because it is a natural substance with an incredible story.

Why So Many Want It

You see, when you suffer with arthritis - the lubricating fluid (synovial fluid) in your knee joint dries up.

This means instead of gliding smoothly - your bones start to rub and grind against each other.

This causes a little pain in the beginning - but over time the pain steadily gets worse until it is excruciating.

Like "Joint Oil"

Viscosupplementation works so well because it is like 'joint oil." It is a natural substance that contains one of the natural building blocks of the synovial fluid that lubricates your knee.

Scientists and researchers discovered this natural building block to synovial fluid in the rooster's comb - that big red thing on top of the roosters head. It is extracted from the roosters comb, purified and concentrated. They have also developed medical lubricants that are also natural but made a bit like yogurt and "cultured" into highly effective arthritis pain-fighting medical lubricants.

When introduced directly into your knee joint, it is like squirting oil on a rusty door hinge.

Viscosupplementation allows your joints to glide more smoothly eliminating a lot of the rubbing, grinding and pain.

Can Supplements Do The Same Thing?

No. Glucosamine and chondroitin and other supplements are much different. You can only get this from a doctor and it often helps knee pain sufferers who got limited or no success from glucosamine and chondroitin. Beware of unsubstantiated claims made by supplements to do what this advanced medical procedure does.

Why You Should Try This Even If You've Already Had Similar Treatments Without Results...

"We have been able to help so many knee pain sufferers - even many who have already tried other treatments like Synvisc, Supartz, Orthovisc and even Hyalgan. This is because our treating doctors always use "Precision Arthritis Targeting Technology". This allows us to place the Viscosupplementation exactly where is needs to be. Studies show doctors doing joint injections without technology can miss the joint up to 30% of the time." noted the Director of Center

NY Pain MD is a state of the art medical facility offering only the best technology.



Advanced Medical Technology Can Make All The Difference: This advanced Precision Arthritis Targeting Technology using fluorososcopic imaging allows doctors to see directly into the knee joint so treatments are precise and the FDA approved lubricating medicine actually goes EXACLTY where it is supposed to. Studies show that procedures done without this technology can miss the joint up to 30% of the time. This is one reason Viscosupplementation may not have worked for you in the past. NY Pain MD uses this P.A.T. Imaging Technology. with each and every treatment.

And that's not all:

"Every case is individual. Some patients get quite a bit of relief right away - others take a little more time. But most have been extremely happy. We've noted results lasting no less than 6 months for many but up to 2 years for some patients. Patients who were suffering for years with bad knee pain are getting their lives back... going for walks again and exercising. It's amazing to see. They tell all their friends - that's why we are swarmed. After getting treatment and feeling better, many patients have decided to cancel their total knee replacement surgeries." added the director.

How To Find Out If It Can HelpYou?

If you have knee pain, the *NY Pain MD* doctors would like to invite you for a no-obligation screening to see if you are a candidate for their treatments using *Precision Arthritis Targeting Technology*.

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right now and when the scheduling specialist answers the phone tell her you would like your no obligation "Knee Pain Screening." The doctors at *NY Pain MD* can only accept a limited amount of new patients each month for this screening - so if you are interested please call now. Your no obligation screening will only take about 25-30 minutes... you will get all your questions answered and leave knowing if you have possibly found the solution to your knee pain.

And here's something really important - Viscosupplementation treatments are covered by most insurance, union plans and even medicare. To schedule your no obligation screening or if you have any questions:

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Are You Qualified For Knee Arthritis Screening With NYC Pain MD?

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- Have you already tried viscosupplementation (Hyalgan, Suparz, Synvisc) without satisfactory results?

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WSJ: Trump gives CIA authority to conduct drone strikes

President Donald Trump has given the Central Intelligence Agency new authority to conduct drone attacks against suspected militants, the Wall Street Journal reported on Monday, citing U.S. officials.

The move would be a change from the policy of former President Barack

Obama's administration of limiting the CIA's paramilitary role, the newspaper reported. REUTERS



Justice Dept. seeks more time on Trump wiretap evidence



A view of Trump Tower in New York City GETTY IMAGES

A spokesman for Obama said the charge was "simply false."

The Department of Justice said on Monday it had requested more time to respond to a request from lawmakers on the House of Representatives Intelligence Committee for evidence about President Donald Trump's allegation that then-President Barack Obama wiretapped him.

Earlier this month, without evidence, Trump accused his predecessor of wiretapping him during the 2016 election campaign.

In response, the leaders of the House Intelligence Committee sent a letter to the Justice Department requesting

proof for the allegation by Monday.

A department spokeswoman said it had requested "additional time to review the request in compliance with the governing legal authorities and to determine what if any responsive documents may exist."

The committee said in a statement it wanted a response by the time of a planned hearing on March 20, suggesting it would use a subpoena if that did not happen.

"If the committee does not receive a response by then, the Committee will ask for this information during the March 20 hearing and may resort to a compulsory process if our questions continue to go unanswered."

"If the committee does not receive a response by then, the Committee will ask for this information during the March 20 hearing and may resort to a compulsory process if our questions continue to go unanswered."

The committee

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Trump Middle East envoy meets Netanyahu in Jerusalem

Peace talks between Israel and the Palestinians have been frozen since 2014 and the Palestinians have been concerned at the more favorable approach shown by Washington toward

Netanyahu since Trump came to office in January.

President Donald Trump's Middle East envoy and Israeli Prime Minister Benjamin Netanyahu met on Monday, Netanyahu's office said, as the new administration tries to restart peace talks with the Palestinians.

A statement from the Israeli leader's office said Jason Greenblatt "reaffirmed President Trump's commitment to Israel's security and to the effort to help Israelis and Palestinians achieve a lasting peace through direct negotiations."

The statement added that during a conversation lasting more than five hours, Netanyahu and Greenblatt discussed Israel's settlement building "with the hope of reaching a formula that will aim to promote peace and security."

One of the most heated issues between Israel and the Palestinians is Israel's building of settlements in the occupied West Bank and East Jerusalem, territory the Palestinians want for their own future state along with the Gaza Strip.

On Friday, Trump spoke to Palestinian President Mahmoud Abbas and invited him to the White House. It was the first phone call between the



Benjamin Netanyahu GETTY IMAGES

two leaders since Trump took office. Greenblatt is set to meet Abbas in the West Bank on Tuesday.

The Israeli statement added that "Greenblatt stressed how important enabling the growth of the Palestinian economy and improving the quality of life for Palestinians are to President Trump."

Before taking office, Trump named Greenblatt, his company's top lawyer, as his special negotiator for trade deals and other talks and his adviser to the Middle East and special representative for international negotiations. REUTES

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13

Congressional report: Republican health plan to make millions more uninsured

Millions of Americans would lose medical insurance under a Republican plan to dismantle Obamacare, the nonpartisan Congressional Budget Office said Monday in a report that dealt a potential setback to President Donald Trump's first major legislative initiative.

The eagerly awaited CBO report forecast that 14 million more people would be uninsured in 2018 and 24 million more in 2026 if the plan being considered in the House of Representatives were adopted. Obamacare enabled about 20 million previously uninsured Americans to obtain medical insurance.

The CBO projected that 52 million people would be uninsured by 2026 if the bill became law, compared to 28 million

who would not have coverage that year if former President Barack Obama's signature health-care law remained unchanged.

Two House of Representatives committees have approved the legislation to dismantle Obamacare that was unveiled by Republican leaders a week ago, but it faces opposition from not only Democrats but also medical providers including doctors and hospitals and many conservatives. The CBO report's findings could make the Republican plan a harder sell in Congress.

The agency, however, said federal deficits would fall by a net \$337 billion in the 2017-2026 period under the Republican bill.

Some Republicans worry a misfire on the Republican health-care



"The House bill to repeal and replace **Obamacare** will provide you and your fellow citizens with more choices far more choices — at lower cost.'

Trump

legislation could hobble Trump's presidency and set the stage for losses for the party in the 2018 congressional elections.

Trump attempted to rally support for the Republican bill on Monday before the CBO report's release.

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White House fence jumper released, must submit to monitoring

He was charged with entering or remaining in restricted grounds while using or carrying a dangerous weapon, and faces a maximum of 10 years in prison.

A California man accused of scaling a fence around the White House and entering the grounds last week will be allowed to return to his home state under federal supervision as his case proceeds, a federal judge said on Monday.

At a pretrial hearing in Washington, Magistrate Judge Robin Meriweather said Jonathan Tran would be released on his own recognizance on condition he comply with conditions laid out by the court. Tran, listed in court

half, listed in court documents as 26, made his initial court appearance after being taken into custody on Friday night. The U.S. Secret Service said Tran, wearing a backpack, was arrested by uniformed officers after climbing the fence and entering the White House's South Grounds. It was the latest breach of security at the president's official residence.

Tran told agents he was a friend of the president and had an appointment with him, according to the documents. Authorities said that when he was arrested, he was carrying two cans of mace as well as a U.S. passport, a computer and one of President Donald Trump's books.

Trump was inside the White House when the



The fence bordering the south lawr of the White House

suspect climbed over the fence at 11:38 p.m. on Friday. He commended the Secret Service for doing "a fantastic job" apprehending the intruder.

As a condition of his release, Tran must report to pretrial officials in the Northern District of California on Thursday for supervision until he returns to Washington for his next hearing. Tran will also have to submit to GPS monitoring. REUTES



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Two former Penn State officials cut deal in Sandusky cover-up

A pair of former Penn State officials pleaded guilty on Monday to child endangerment charges to settle accusations that they helped cover up years of predatory sexual abuse by Jerry Sandusky, a former assistant football coach at the university.

Tim Curley and Gary Schultz, who served as athletic director and a senior vice president respectively during Sandusky's tenure, entered their pleas in Dauphin County Court, Penn Live reported. Each faces up to five years in prison and a fine of \$10,000.

As part of the deal, prosecutors dismissed felony conspiracy charges against them, the Philadelphia Inquirer reported. Curley was placed on



Former Penn State athletic director

not renewed by Penn State the following year. Schultz retired in 2009.

Graham Spanier, the school's former president and the last remaining defendant in the coverup case, is due to go on trial next week. Prosecutors could turn to Curley and Schultz to testify against Spanier, Penn Live reported.

Sandusky, 73, was convicted in June 2012 of campus and elsewhere. He is serving 30 to 60 years in state prison.

All three defendants had ignored reports that Sandusky, who coached at the university for three decades until 1999 under the legendary Joe Paterno, had sexually abused boys while he was associated with Pennsylvania State University, prosecutors charged.

The revelations sullied the image of the university and resulted in sanctions against its once-vaunted football program. Beyond Penn State, the case raised uncomfortable questions about the insular world of big-time collegiate athletics.

Paterno was fired shortly after Sandusky's 2011 arrest, and he died about



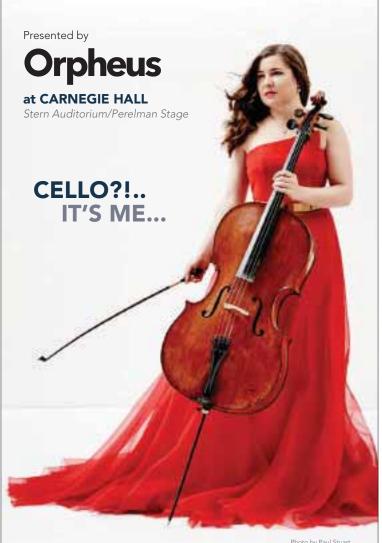


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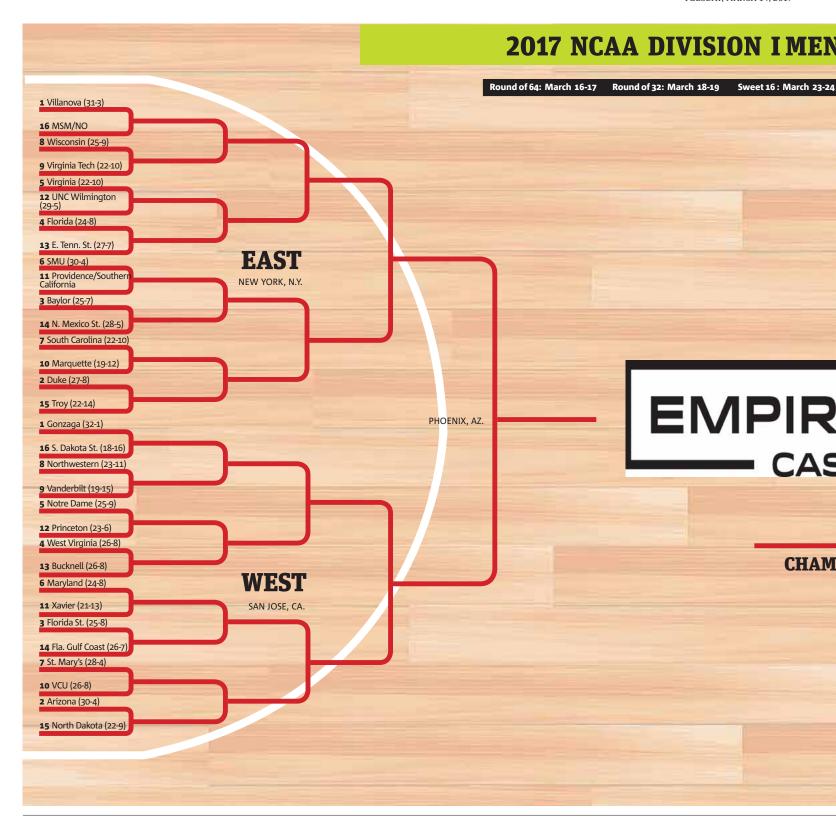
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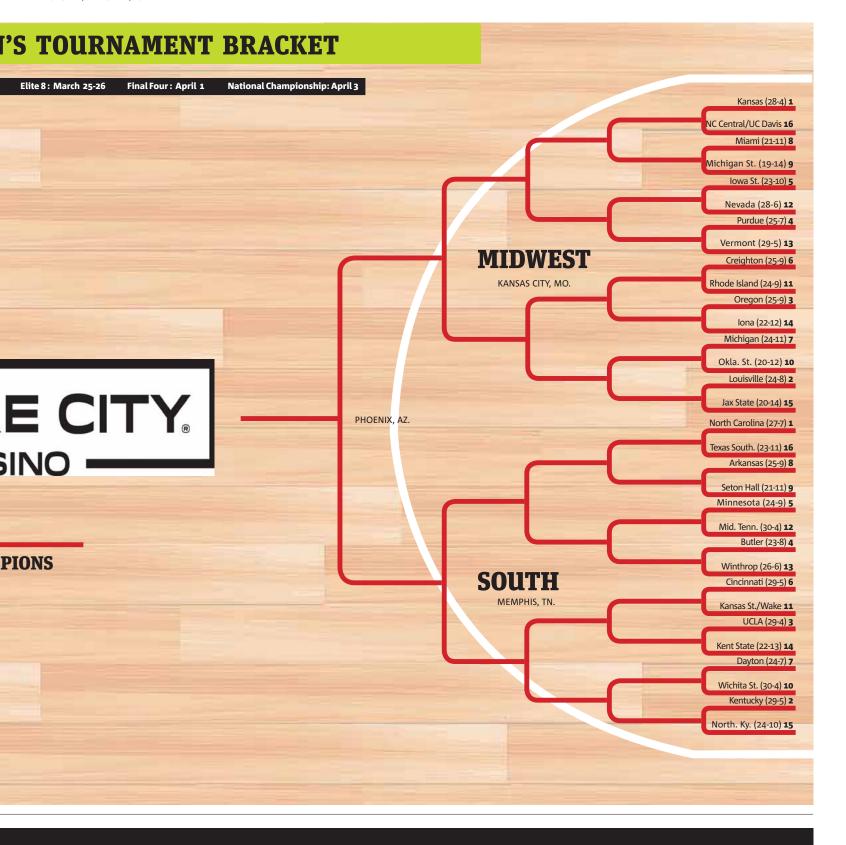
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Verizon sought \$925M discount for Yahoo merger, got \$350M

Verizon Communications Inc. sought almost triple the price reduction that it ultimately obtained for Yahoo Inc.'s core assets following two massive cyber attacks at the internet company, according to a

Yahoo filing.
The closing of the deal, which Verizon first announced in July for a purchase price of \$4.83 billion, had been delayed as the companies assessed the fallout from two data breaches that Yahoo disclosed last year. The No. 1 U.S. wireless carrier had been trying to persuade Yahoo to amend the terms of the agreement following the attacks.

In early February, Verizon Chief Executive



Verizon is the largest U.S. wireless communications

Officer Lowell McAdam told Yahoo director Tom McInerney a price reduction as high as \$925 million could be appropriate, according to the filing. McInerney later told McAdam at a meeting in Verizon's New York offices that Yahoo's board was unwilling to agree to such a big discount.

Verizon said in late February it had agreed to a purchase price of \$4.48 billion, lowering its original offer by \$350 million.

A Verizon spokesman declined to comment on why it agreed to a lower discount that it had sought.

The filing also said Yahoo Chief Executive Marissa Mayer would get a severance package of \$23 million if she were terminated.

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Brangelina got magic tattoos right before divorce

Picture this: it's February 2016. You're married to the love of your life. The love of your life, incidentally, is Brad Pitt. He's mostly aged gracefully - you have no complaints. One day, you have an idea. "Hey, Brad?" you say. "What if we got superpainful magic tattoos that will bind us together forever?" Brad acquiesces, because he's usually down for whatever. You smile to yourself. You're the luckiest goth in the world.

OK, great. Now you're in Angelina Jolie's head space. Problem is, months later, you file for divorce. Because turns out, even magic tattoos can't save your marriage.

That's right: Angelina and Brad were tattooed by a celebrated artist who formerly moonlighted as a monk, as you do. The tattoos, according to The Daily Beast, are traditionally believed to give the wearers magic powers, and were intended to symbolically bind the two A-listers together as husband and wife which, obviously, did not work.

This continues to be them most painful celebrity divorce of our time. For me, at least. I can't speak for Brad or Angelina.



RACHAEL CLEMMONS

Ed Sheeran will be on Game of Thrones

Ed Sheeran has been cast in a small role on the upcoming season of "Game of Thrones," and if you're anything like me, you're scratching your head right

right now and asking: "OK, but why?"

Cording to Rolling Stone, the singer was invited to the set as a surprise for Maisie Williams, aka Arya Stark. And since he was already there, the 26-year-old ended up filming a small, unspecified role.

"Game of Thrones" actually has a history of recruiting musicians for small, unrecognizable appearances on the show, including

members of

Coldplay and Of Monsters and Men. The HBO show is also known for killing off any

person who is extremely attractive (My heart yearns for you, Robb!).

Thanks for giving us something we didn't want, "Game of Thrones"! At least Arya got to have a small moment of happiness.

Is Lindsay Lohan starting a Muslim fashion line?

Lindsay Lohan took to her Instagram over the weekend to reveal she's working on a new fashion line. And, oh boy, gird your loins.

The 30-year-old posed coyly with a headscarf covering her head and draped over her mouth with the caption, "New Fashion Line coming soon..." Between this and her claims that she was "racially profiled" for wearing a headscarf at

Heathrow Airport — yeah, she really said that — I think we can all assume LiLo is probably starting her own line of bedazzled head scarfs for women with questionable political ties. You know, like her.

The actress, who had a guest role on "Ugly Betty" one time, has been studying Islam and carrying around a copy of the Quran to prove it for a

while.
Her
favorite
hobbies are
hanging out
with her best friend,
the president of Turkey, and comparing
herself favorably to
cartoon princesses on
Instagram.



Charlie Hunnam talks about being pretty

Charlie Hunnam, star of "Sons of Anarchy" and now "Lost City of Z," is a good looking dude. And because he knows what we want to hear, he's finally opening up about being the prettiest boy at the ball.

In an interview with InStyle, Roxane Gay — my fave — asks the 37-year-old about how damn fine he is. In

response, Hunnam exhibits, what some may call, a shocking show of self-awareness. "It's both collateral damage and a huge opportunity. I mean, it's a visual medium, and it makes it a lot easier to get roles if you're a little easier on the eyes." Refreshing!

"There will probably be those that still relegate me to being

a pretty boy," he continues. What stunning self-reflection!

Hunnam also talks about a variety of other things, like how his commitment to method acting is kind of ruining his relationship with his girlfriend, and also about how shakshuka is the new frittata. What a legit dude, am I right?



The couple that works together

Real-life power team Tatiana Maslany and Tom Cullen play lovers in "The Other Half."



Working with your significant other can be a tricky thing. Not for Tatiana Maslany and Tom Cullen. Partners since 2011, the "Orphan Black" and "Downton Abbey" alums finally got to share the screen in "The Other Half," an indie in which she plays a woman with bipolar disorder and he a violent drifter mourning the disappearance of his brother. The two become an item, even as problems arise.

Does being a couple off-screen make playing an intense couple on screen easier or harder?

Tatiana Maslany: Because we know each



Tom Cullen and Tatiana Maslany play a drifter and a woman with bipolar disorder who strike up a hectic romance in "The Other Half," now in theaters and on VOD. BRAINSTORM MEDIA

other really well we have a shorthand and immense love and support. There's a huge amount of safety, and we won't settle for dishonesty. As artists that's a great place to work from. I can't trick Tom. He knows who I am; he knows when I'm lying. I think that opens those emotional territories in an easier way,

and it's quite joyful to

go there.

What was it like playing a character with bipolar disorder? What steps did you take to avoid cliches?

Maslany: Joey [Klein, the filmmaker did an amazing amount of research drawing from life experience as well as clinical studies. He wanted to make sure we were telling it honestly. We didn't want Emily's illness to be a romantic thing. It's who she is,

performances or films you looked to for inspiration? Tom Cullen: I'm inspired by actors who

surprise me and try to scare themselves in their work. People like Marlon Brando.

Maslany: Joey cited

"A Woman Under the Influence" as a big inspiration. He showed it to us and it's amazing. I kept going back to it when I felt stuck. The work is so free and complicated and bizarre.

You both act on television. What are some of the differences going from television to film? Maslany: It's dependent on the project. For this one we had a lot of freedom. There wasn't a separation between us and the crew; it was a very communal experience. I don't know that you always get that on television.

Cullen: Television's restrictive because you're often playing in the style of the show. You're in service to so many other things, and making something that appeals to a bigger demographic. With film, you have a lot more space and freedom to make something personal.





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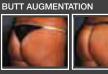








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Mae sweater, \$130 universal standar

Not long ago, if you were an above-averagesize American woman - for years, that was a 14, but as of 2016, it's a 16 — your sartorial choices were limited. Very limited. For safe, everyday wear, there was that one store in the mall (sounds like Lame Giant). God forbid you had a formal event to dress for, because

to a poorly lit corner of a department store crammed with a few racks of dowdy motherof-the-bride frocks with garish prints.

But thanks to fiercely fashionably social-media influencers such as Gabi Gregg (gabifresh.com) and Nicolette Mason (nicolettemason.com), consumers are demanding better, and smart designers and retailers are responding. Even Lane Bryant, once the sole refuge of the styleparched plus-size, has

It just launched a collection with red-carpet favorite designer Prabal Gurung, and in recent years has commissioned exclusive lines from Christian Siriano, Isabel Toledo and Sophie Theallet. E-commerce has made it easier for fresh plus-size brands to emerge. Here are five indie brands that absolutely do not flatter – they slay.

Cold shoulder top, \$64.90; cropped tie waist pant,

Universal Standard

This label is making its mark with a chic, mini-



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STYLE

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malist classics in sizes 10-28. Cashmere-blend sweaters, seasonless tees, tanks, dresses and blouses in neutral hues mix and match easily with its jeans and jersey pencil skirts. Layer pieces like the net dress and leatherette skirt to add some edge. Bonus: If you are in New York City, or plan to be, you can make an appointment with a stylist at Universal Standard's showroom in the Garment District. universalstandard.net

Eloquii

In 2011, The Limited launched Eloquii for plus-size women, only to shutter it 18 months, devastating the line's loyal following. But former Limited employees revived Eloquii as an indie that skews young and ultra-on-trend, flipping off the notion that body-con dresses and vibrant colors don't belong on bigger bodies. And in what might be Eloquii's greatest PR coup, when Aidy Bryant of "SNL" attended the Emmys in a dress the

brand designed for her, more than 1,500 people joined the waiting list to buy it. eloquii.com

Anna Scholz

London-based Anna Scholz, a former plus-size model from Germany, sold her first collection to Lane Bryant in 1996. Since then, her clothes have sold in the likes of Saks Fifth Avenue and Bloomingdales. Now, her wellconstructed silk and jersey wrap dresses, tunics and separates in unexpected luxe prints are available on her website. annascholz.com

Carmakoma

Don't let the mostly black palette fool you — Carmakoma is not about hiding your shape. With curve-skimming leatherette skirts and grommet-studded jersey dresses, plus a touch of lace here and there, these are clothes for rocker girls who pay the bills with an office job. The Danish brand's



spring collection is called "Diversity Is Beautiful," which may or may not have been planned before 2017— either way, it's apt. Shipping to the U.S. is free on orders of \$130 and up. carmakoma.com

Beth Ditto

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When Topshop asked Gossip frontwoman Beth Ditto to play its London flagship store in 2007, she promptly told the company,

which (still) does not stock a plus-size range, to shove it. "I don't think it's fair to put my face somewhere where they would never let me in there to wear their clothes," she told BBC Radio. Topshop's plus-size sister, Evans, subsequently retained Ditto to design a line to ensure you don't fade into the background. That set the stage for her indie label, which is now in its second season. bethditto.com







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In the Netflix comedy "Love," Mickey, left (Gillian Jacobs) is a sex and love addict navigating her relationship with Gus

Learning the signs of the intimacy disorder.



At the end Netflix comedy "Love" Season 1, Mickey (Gillian Jacobs) tells her sort-of boyfriend, Gus (Paul Rust), that she's a sex and love addict. While they remain involved in Season 2, it's not an easy path,

with Mickey navigating the ups and downs of their relationship while attending Sex and Love Addicts Anonymous.

Mickey's reveal prompts many questions. For starters, what is sex and love addiction? And why don't we hear about it in a serious light, as we do with alcoholism and drug addiction? And our most pressing question: How do you know if you're suffering from it?

What is it?

Sex and Love Addicts Anonymous, a 12-step treatment program based on the Alcoholics Anonymous model, defines the organization as being "for anyone who suffers from an addictive compulsion to engage in or avoid sex, love, or emotional attachment.'

S.L.A.A.'s 12 Characteristics of Sex and Love Addiction include lack-

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ing healthy boundaries in sexual or romantic relationships, using sex or emotional dependence as "substitutes for nurturing care and support" and excessively idealizing our partners.

Robert Weiss, a therapist and relationship expert, makes a distinction between addiction to sex and addiction to love. He defines the former as "using other people as objectified body parts" while the latter uses them "as emotional objects."

While a person might exhibit symptoms of both, they often manifest separately. For example, a sex addict will engage in casual sex with multiple partners a week, while a love addict might go from one unfulfilling relationship to the next.

In both cases, the high doesn't come from sex or romance, he explains. Instead, it comes from the pursuit of the conquest or the person — and losing themselves in the fantasy of it.

How to know if you're suffering from it

"Ask yourself, are you compromising your ability to take care of yourself?" says Dr. Jeremy Frank, a Philly-based psychologist and addiction counselor. "Addicts gravitate toward substances or [in this case] another human being as a way to distract themselves from something they're suffering from."

Put another way, Frank defines addiction as a behavior that causes consequences in major functioning areas in your life. If sex or dating is affecting you, your family, your job or your relationship with a significant other, then that might be a sign.

The romantic notion of "losing yourself" in another person does not indicate a healthy relationship, Frank says. Instead, it's more like "when someone complements us and helps us know ourselves better, grow and challenge ourselves, rather than fulfils some unmet need"

How to get help

If you think you might have a problem with sex and love, taking S.L.A.A.'s 40 Questions for Self-Diagnosis online quiz is a good starting point. Also, check out S.L.A.A.'s book on the topic, the "S.L.A.A. Basic Text," which includes personal stories from sex and love addicts in the program.

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NEVER LET IT GO

There is carrying a grudge, and then there is what college basketball head coaching legend Bob Knight said about his former employers.

The 76-year-old Knight was unceremoniously fired by Indiana University in 2000, but time has not healed the wounds. Here's the exchange he had on "The Dan Patrick Show" this past week.

Patrick: Would you ever go back [to Indiana]?

Knight: As far as the hierarchy there at that time, I have absolutely no respect whatsoever with those people.

Patrick: Aren't all of those people out of there, Coach?

Knight: I hope they're all dead.

Tremendous. If you don't recall,

If you don't recall, Knight was accused of choking one of his former players and — in turn — Indiana then adopted a "zero tolerance" policy. He allegedly grabbed a student's arm that year after a brief encounter and was subsequently fired for

"an unacceptable pattern of behavior."

JAM-PACKED RAFTERS

The Nets hung a Biggie Smalls banner from the rafters of Barclays Center this past weekend. The "that's the only banner the Nets will ever hang" joke writes itself but is obviously way too easy. I get that Biggie is a Brooklyn native, but where do we draw the line when it comes to retired jerseys and numbers by sports teams? Does this mean the Knicks have to respond and raise a Tupac banner because he was

born in

lem? (Oops, don't want to give greedy Dolan any ideas.)

The Biggie banner raising is only slightly less bizarre than when the Heat retired Jordan's No. 23.

What's going to happen 100 years from now? Do we have to start unretiring some of these numbers or are we going to have to venture into double-digits?

TRUMP PENCE

THE 'E' STANDS FOR EXPOSURE

St. Patrick's Day parades are the sloppiest form of parade known to man. So it's not a surprise that the best young running back in the NFL exposed the left breast of his lady

friend during a parade in Dallas. (Who knew they celebrated St.

Paddy's Day in Texas?) Cowboys running back Ezekiel Elliott pulled a woman's shirt down and it was obviously caught on camera. The woman reportedly wasn't upset with Elliott's actions,

according to TMZ.
Elliott is only 21
years old and is still obviously immature, but
he's got to know this
stuff will go viral.









Mets, Yankees notebook: Wheeler returns

The latest news from Mets and Yankees training camps in Florida.



Wheeler returns with strong effort

Zack Wheeler gave up one run on two hits and a walk while striking out one in two innings of work on Friday. More importantly, Wheeler is starting to feel like his old self after his first big league action in over two years.

"I was kind of nervous about getting big-league guys out," Wheeler told reporters after the game. "I didn't know if I could still do it"

Wheeler seemed to have all of his pitches working. His fastball touched 94 mph, and his curveball, which helped register his lone punch-out of the game, was as sharp as ever.

"It's nice to have my curveball back," he said. "I knew it would come. It's just a feel thing. By the end, I didn't think twice about it."

Wheeler dealt with



Zack Wheeler was back on the mound for the Mets last Friday. GETTY IMAGES

plenty of bad luck as he attempted to return from Tommy John surgery late last season and even suffered a minor setback early in camp, but he appears to be ready to go for 2017, much to the delight of his manager.

"There's always been something that kept him from making a huge step forward," Collins told the New York Post. "Now he's back."

The 26-year-old

fireballer is expected to start the year in extended spring training and be capped at 125 innings once he makes it to the major league roster.

Power surge

Yoenis Cespedes and Lucas Duda each went deep in Friday's split-squad loss to the Astros, boosting the Mets' home run total for the spring to an MLBleading 22. Cespedes has homered four times this spring, and is batting an incredible .458 through 24 ABs.

Tebow experiment a swing-and-miss

Tim Tebow went 0-for-7 in two Grapefruit League games on Wednesday and Friday. He struck out three times, grounded into a double play and got picked off first base after reaching on a hit-by-pitch. He literally looked lost at times; at one point he was in the wrong on-deck circle during Wednesday's game. MLB.com's Anthony DiComo insinuated that the Mets don't plan on giving Tebow any more in-game atbats this spring.

Severino struggling

Luis Severino had a 4.15 ERA through two starts this spring and labored through two innings against Team Canada on Thursday. Severino struck out four but allowed two runs (via home run) on four hits and a walk on 51 pitches. Joe Girardi noted that Severino's changeup was highly effective, but noticed an area where the young hurler could improve.

"Fastball command is really, really important," Girardi told the New York Post. "Being down in the zone is important for him, and when he got up today, he got hurt."

Severino was solid in relief late last year, but he'd rather be toeing the rubber from the first inning on this season.

"I want to be a starter," Severino told the Post. "I know I have to work on my fastball command. I just need to work with Larry [Rothschild] more."

Rothschild, the Yankees pitching coach, is hopeful Severino will return to his 2015 form after a rocky 2016.

"Development sometimes takes different paths. He's had those bumps in the road, and at the end of the day, you hope those make him better after going through them."

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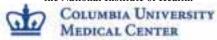
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- 5 Shapeless mass
- 9 Target amount
- 14 Layered cookie
- 15 Caboose's spot
- 16 Not over
- 17 Disavow
- 19 From China
- 20 Literary miscellany
- 21 Mouse alert
- 22 Says yes
- 24 Aides
- 26 Winslet or Moss
- 27 Bradley and Asner
- 28 Stadium cry
- 31 South American range
- 34 Technique
- 35 Vane dir.
- 37 Precious
- 38 Jaded
- 39 Bear, to Brutus 40 Study
- 41 Waterfall
- 42 Ice pellets
- 43 Comes back 45 Moved swiftly
- 46 Out of control
- 47 Sailing event
- 51 Grads
- 53 Malt beverage
- 54 Term of endearment

8 Morning meal metro.us /games companions 13 Aleta's son 18 Noteworthy acts 23 Social blunder 25 Squint at 28 Unwritten tests

- 56 Catching in a snare
- 59 Aviator
- 60 Fall mo
- 61 Before, in combos
- 62 Absorbent material
- 63 Flip a coin
- 64 Horror-film servant

Down

- 1 Hebrew scroll
- 2 "Forsyte Saga" heroine
- 3 Sherpa's country
- 4 One of us
- 5 Brambles
- 6 Plumbing problems
- 7 Mare's tidbit

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16 18 19 26 32 33 34 36 40 41 42 43 56 l58 60

50 Tick off 51 Type of seaman

29 Arid

30 Latin I verb

33 Hamlet, e.g.

36 Have a snack

31 Join on

41 Warm

48 Object

42 Wise ones

44 Not as loose

47 Boat runways

- 52 Hideout
- 55 Behind, at sea
- 57 Prefix meaning "recent"

9 Chamber music

11 Garfield's victim

ensemble

10 Invisible

12 Crumpet

32 "Faint heart -- won ..."

34 Least streamlined

38 Peerage member

39 Wrist-to-elbow bone

45 Finds another tenant

49 Lone Ranger's friend

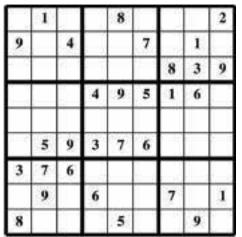
58 "Bali --"

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hard



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Taurus Look for opportunities within your immediate environment. You can improve your reputation by showing greater responsibility.



popularity. Offering help will ensure that you get something in return. Personal and financial gains will be yours. Cancer Temptation will be difficult to resist.

A deal presented to you will be built on

hype, not facts. Avoid impulsive, indulgent

actions. Excessive behavior will lead to loss.

Gemini Work alongside others to boost your



Leo Welcome change at home and work. Adapting to whatever comes your way will put you in a good position to excel. Use your experience and knowledge to advance.



Virgo A financial opportunity is apparent. Investments, winnings, an unexpected gift could come your way, or a debt will be repaid. Live up to your promises.

Yesterday's answers

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63

Libra You'll be liable to overreact or fall prey to someone who is excessive, controlling or unpredictable. Make choices based on your safety and emotional well-being.

64



Scorpio Don't get caught up in someone else's melodrama. Stick to what's important and live up to your promises instead of being tempted by the claims of others.



Sagittarius A emotional or financial move will be stabilizing. Celebrate your success with the people who helped you get there. Be fair and disciplined in everything you do.



Capricorn Physical efforts will be met with opposition. Plan your actions carefully and get your facts from a reliable source. You are only as good as your word.



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Pisces Keep personal matters to yourself and stay on top of events that can cause a conflict with someone who has the potential to disrupt your world. EUGENIA LAST

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